

# Fruit Spring Rolls with Yogurt Dipping Sauce

Submitted by Theresa Wells-Sjorgren

## Ingredients

- Approx 1 tbsp Vietnamese rice stick special pancit bihon
- one sheet 22 cm banh trang mekong rice paper
- ½ cup Fresh strawberries, sliced
- 1/3 Fresh kiwi, sliced
- 4 matchstick slices Golden Delicious Apples, matchstick sliced,
- 1 Mandarin Orange segments, canned, drained
- OR (instead of oranges, based on availability) Fresh mango, sliced, 4 slices (Nutrition info includes both)
- ½ Tbsp honey
- 1 oz Lime Juice
- 2 dashes of salt
- 2 oz nonfat plain yogurt,
- 1/2 tsp fresh chopped mint

Amount Per Serving	
<b>Calories</b>	186.1
<b>Total Fat</b>	.3 g
Saturated Fat	0 g
Polyunsaturated Fat	.1 g
Monounsaturated Fat	0 g
<b>Cholesterol</b>	1.7 mg
<b>Sodium</b>	366.9 mg
<b>Total Carbohydrate</b>	45.1 g
<b>Protein</b>	3.8 g